

TRAINING FROM HOME (TFH) CABOR KARATE PUSLATDA JATIM 100 SELAMA MASA PANDEMI COVID 19

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ABSTRAK

Merebaknya wabah *Corona Virus Disease* (COVID) – 19 di negara kita, dan bahkan sudah menjadi pandemi yang merebak ke seluruh dunia pada dewasa ini, maka perlu adanya penyikapan dan tindakan yang harus dilakukan untuk mencegah dan menghindari serta melindungi insan olahraga khususnya para personil Puslatda (pelatih, atlet, mekanik, dan sparing) yang terlibat dalam Puslatda KONI Jawa Timur terhadap wabah COVID-19 tersebut. Puslatda Jatim 100-IV yang berjalan hingga dewasa ini dilaksanakan dengan pola “terbuka” yang mana atlet-pelatih melakukan latihan bersama, namun personil Puslatda tetap tinggal di rumah masing-masing atau asrama dan mess yang telah ditentukan. Dalam kondisi seperti itu, personil Puslatda secara bebas dan terbuka untuk berinteraksi dengan siapapun warga masyarakat secara luas, sehingga hal ini memberikan peluang Personil Puslatda untuk terpapar wabah COVID-19 semakin lebar. Pada saat yang sama Pemerintah memberikan penegasan berlakunya keadaan darurat yang meminta agar adanya pembatasan jarak secara sosial (*social distancing*) bagi masyarakat tidak terkecuali Personil Puslatda. Hal ini memunculkan kondisi dilematis serta keresahan di kalangan atlet ketika mereka tidak dapat latihan secara leluasa dengan adanya pembatasan jarak sebagai akibat mewabahnya virus Corona tersebut, pada hal untuk mencapai prestasi memerlukan latihan olahraga yang kontinyu. Menindak lanjuti Surat Keputusan Gubernur Jawa Timur No. 188/108/KPTS/ 013/2020 tanggal 17 Maret 2020 Tentang Status Keadaan Darurat Bencana Wabah Penyakit Akibat *Corona Virus Disease* 2019 (COVID-19) di Jawa Timur, dan memperhatikan Surat Edaran Surat Edaran Kementerian Pemuda Dan Olahraga Republik Indonesia Tentang Protokol Kewaspadaan Pencegahan Wabah COVID-19 Bagi Kegiatan Keolahragaan (Nomor:S.3.17.4/SET/III/2020), dan Surat Edaran Kementerian Pemuda dan Olahraga Republik Indonesia Tentang Perubahan Protokol Kewaspadaan Pencegahan Wabah COVID-19 Bagi Kegiatan Keolahragaan (Nomor:RO. 06/3.27.3./SET/III/2020), maka KONI Jatim, dalam rangka mempersiapkan seluruh atlet untuk berlaga di PON Papua XX/2020, perlu mengambil langkah-langkah khusus dengan menetapkan pola Puslatda 100-IV alternatif yang wajib diterapkan oleh Cabor selama masa darurat bencana COVID-19. Pola Puslatda Jatim 100-IV sebagaimana yang sedang dilaksanakan saat ini, tidak dapat diterapkan lagi, karena sangatlah beresiko bagi kesehatan dan keselamatan personil Puslatda (pelatih, atlet, mekanik, dan *sparring*), khususnya dalam kondisi darurat bencana wabah COVID-19. Puslatda Alternatif yang wajib diterapkan pada masa darurat ini, dilaksanakan dengan Pola “Puslatda Mandiri atau PM” (*Training From Home -- TFH*) dengan harapan kondisi dan prestasi personil Puslatda tetap terjaga, walau dalam kondisi terisolasi akibat wabah COVID-19.

Puslatda *TFH* atau Mandiri ini berlaku untuk semua Cabang Olahraga yang tergabung dalam Pemusatan Latihan Daerah (PUSLATDA) Jawa Timur 100/IV Tahun 2020, termasuk Cabang Olahraga Karate. Cabang Olahraga Karate dipilih dalam penelitian ini dikarenakan merupakan salah satu Cabang Olahraga yang cukup intensif dalam

melaksanakan kegiatan latihan. Dengan pelaksanaan TFH ini diharapkan kemampuan fisik atlet-atlet Puslatda Jawa Timur khususnya atlet kareta tidak akan menurun dan apabila nanti kondisi pandemi sudah berakhir, maka diharapkan atlet dan pelatih akan segera melaksanakan kegiatan latihan seperti biasa dan secara singkat dapat meningkatkan kemampuannya, dikarenakan selama dalam masa pandemi covid 19 ini atlet secara intensif masih melaksanakan latihan.

Kata-kata kunci: Karate, *Training From Home (TFH)*,

ABSTRACT

The outbreak of the Corona Virus Disease (COVID) - 19 in our country, and has even become a pandemic that has spread throughout the world today, it is necessary to have attitudes and actions that must be taken to prevent and avoid and protect sports people, especially Puslatda personnel (coaches, athletes, mechanics, and sparring) involved in the East Java KONI Puslatda against the COVID-19 outbreak. Puslatda Jatim 100-IV, which has been running until today, is implemented in an "open" pattern in which athletes and coaches do joint training, but Puslatda personnel remain in their respective houses or dormitories and messes that have been determined. In such conditions, Puslatda personnel are free and open to interact with anyone in the community at large, so that this gives Puslatda personnel the opportunity to be exposed to the COVID-19 outbreak. At the same time, the Government affirmed the entry into force of an emergency requiring social distancing for the community, including for Puslatda personnel. This raises a dilemma and anxiety among athletes when they cannot exercise freely due to distance restrictions as a result of the outbreak of the Corona virus, in order to achieve achievement requires continuous sports training. Following up on the Decree of the Governor of East Java No. 188/108 / KPTS / 013/2020 dated 17 March 2020 concerning the Status of Emergency Disaster Outbreak of Corona Virus Disease 2019 (COVID-19) in East Java, and paying attention to the Circular of the Ministry of Youth and Sports of the Republic of Indonesia concerning Precautionary Protocols COVID-19 Outbreak for Sports Activities (Number: S.3.17.4 / SET / III / 2020), and Circular of the Ministry of Youth and Sports of the Republic of Indonesia concerning Changes to the Precautionary Protocol for COVID-19 Outbreak Prevention for Sports Activities (Number: RO. 06 / 3.27.3./SET/III/2020), then KONI Jatim, in order to prepare all athletes to compete in PON Papua XX / 2020, needs to take special steps by establishing an alternative 100-IV Puslatda pattern that must be implemented by Cabor during the emergency period of the COVID-19 disaster. The Puslatda Jatim 100-IV pattern as currently being implemented, cannot be applied anymore, because it is very risky for the health and safety of Puslatda personnel (coaches, athletes, mechanics, and sparring), especially in emergency conditions of the COVID-19 outbreak. The Alternative Puslatda, which must be implemented during this emergency, is implemented with the "Puslatda Mandiri or PM" (Training From Home - TFH) pattern with the hope that the condition and achievements of Puslatda personnel will be maintained, even though they are isolated due to the COVID-19 outbreak. This TFH or Mandiri Puslatda applies to all sports that are members of the East Java 100 / IV Regional Training Center (PUSLATDA) in 2020, including the Karate Sports Branch. Karate was chosen in this study because it is one of the sports branches that is quite intensive in carrying out training activities. With the implementation of TFH, it is hoped that the physical abilities of Puslatda East Java athletes, especially kareta athletes, will not decrease and when the pandemic conditions are over, it is hoped that athletes and coaches will immediately carry out training activities as usual and briefly improve their abilities, because during this period The covid 19 pandemic athletes are still intensively carrying out training.

Keywords: Karate, Training From Home (TFH),

Pola pelatihan dalam Puslatda Mandiri (PM) merupakan cara berlatih yang dilakukan oleh atlet sendiri di rumah masing-masing. Pelatihan dalam PM direncanakan dan dilaksanakan selama masa darurat (April s/d Agustus 2020) oleh Pelatih dengan

berpedoman pada perencanaan tahunan yang tepat dengan target capaian yang ditetapkan, sehingga kuantitas dan kualitas latihan tersebut dapat dipantau secara *on line*. Pelatih wajib menyusun rencana dan program latihan (PM) termasuk latihan kondisi fisik (*strength and conditioning*) yang disesuaikan dengan

periodisasi latihan, kondisi atlet, cabang olahraga dan fasilitas serta target yang hendak dicapai secara rinci dan terukur dan dimasukkan dalam aplikasi *visual coaching*.

Rencana dan program latihan fisik yang disusun tersebut (butir 2) wajib didasarkan atas data terakhir dari tes fisik yang dilakukan oleh KONI Jatim

TINJAUAN PUSTAKA

A. Training From Home (TFH)

Latihan adalah aktivitas yang dilakukan secara sistematis dalam mempersiapkan olahragawan atau atlet pada tingkat tertinggi dalam penampilannya dan untuk menjaga kebugaran dan kesehatan tubuh. Intensitas latihan ditingkatkan secara progresif serta dilakukan secara sistematis dan berulang-ulang (repetitive) dalam jangka waktu yang ditentukan sesuai dengan masing-masing individu dengan tujuan mencapai peningkatan kemampuan atau prestasi olahraga.

B. Puslatda Jatim 100 Cabang Olahraga Karate

Cabang Olahraga Karate Olahraga beladiri karate itu adalah seni beladiri yang menggunakan tangan kosong yang mengandalkan tangan dan kaki sebagai senjata untuk menyerang. Dari masa kemasa olahraga beladiri karate berkembang dengan baik. Karate sendiri memiliki metode beladiri yang mana terdapat berbagai teknik, seperti menghindar, bertahan, menyerang, bahkan untuk menghancurkan dan merobohkan lawan. Dalam cabang olahraga karate memiliki tiga teknik utama yaitu: Kihon (teknik dasar), Kata (jurus) dan Kumite (pertarungan). Cabang Olahraga Karate merupakan salah satu Cabang Olahraga yang menjadi salah satu unggulan dalam Puslatda Jawa Timur yang melakukan latihan cukup intensif dan rutin sesuai dengan program yang telah ditetapkan oleh Pelatih.

Berikut program latihan fisik Puslatda Jatim 100/2020 Cabang Olahraga Karate

Tabel 1. Program Latihan harian TFH

	Senin	Rabu	Jum'at
1	Skipping 10 minutes	Skipping 10 minutes	Skipping 10 minutes
2	Single legged squats (3 sets of 10 repetition each leg) holding a 2 kg water bottle overhead.	Walking lunges with 2 kg water bottle overhead 3 sets of 20 reps	Kneel ups (3 sets of 10 rep each leg) holding a 2 kg water bottle overhead.
3	Hamstring (3 sets of 5 reps)	Standing triple jump x 10 reps	Hamstring (3 sets of 5 reps)
4	Chin up 3 sets of maximum using a bar or tree	Single legged plyometrics off 40 cm chair or bench (3 sets of 5 each leg)	10 x 20 m sprint for max speed on 1-min recovery
5	V-sit (3 sets of 30 repetitions)	Partner Sit up 3 sets of 25 for maximum speed holding a 2 kg waterbottle.	Chin up 3 sets of maximum using a bar or tree
6	Dips (3 sets of maximum repetitions)	Dips (3 sets of maximum repetitions)	V-sit (3 sets of 30 repetitions)
7	Back extensions (3 sets of 10 repetitions) – using partner, chair and 2 kg water bottle	Superman hover (3 sets of 1 minute) – using partner, chair and 2 kg water bottle	Hover/Plank (2 mins front, 1 min right and 1 min left)
8	Jump squats 3 sets of 5 reps using 2 kg water bottle in each hand	Jump squats 3 sets of 5 reps using 2 kg water bottle in each hand	Single legged plyometrics off 40 cm chair or bench (3 sets of 5 each leg)
9	Walking lunges with 2 kg water bottle overhead 3 sets of 20 reps	V-sit (3 sets of 30 repetitions)	Walking lunges with 2 kg water bottle overhead 3 sets of 20 reps
10	Juggling – 5 mins practice	Juggling – 5 mins practice	Juggling – 5 mins practice
11	Crocodile walk with partner - 3 sets of 10 m	Crocodile walk with partner - 3 sets of 10 m	Crocodile walk with partner - 3 sets of 10 m
12	Bronco test or 10-minute step up	Illinois Agility run for 10 repeats on 1-	2.4 km time trial or 10-minute step up

	test if cannot access a field.	minute recovery	test if cannot access a field
	Flexibility and cool down	Flexibility and cool down	Flexibility and cool down

METODE

Penelitian ini menggunakan tipe penelitian deskriptif dengan pendekatan kuantitatif. Metode Penelitian Kuantitatif, sebagaimana dikemukakan oleh Sugiyono (2012: 8) yaitu : “Metode penelitian yang berlandaskan pada filsafat positivisme, digunakan untuk meneliti pada populasi atau sampel tertentu, pengumpulan data menggunakan instrumen penelitian, analisis data bersifat kuantitatif/statistik. Menurut Sugiyono (2012: 13) penelitian deskriptif yaitu, penelitian yang dilakukan untuk mengetahui nilai variabel mandiri, baik satu variabel atau lebih (independen) tanpa membuat perbandingan, atau menghubungkan dengan variabel yang lain. Metode deskriptif bertujuan untuk mengungkapkan suatu keadaan atau masalah sesuai apa adanya serta mengungkapkan fakta-fakta hubungan atau fenomena yang diteliti melalui pendiskripsian, pengembangan secara sistematis, faktual dan akurat. Penelitian deskriptif dalam penelitian ini dimaksudkan untuk mendapatkan gambaran kemampuan fisik hasil dari latihan Puslatda Cabang Olahraga Karate selama masa pandemi Covid 19.

Subjek Penelitian

Populasi adalah wilayah generalisasi yang terdiri atas: obyek/subyek yang mempunyai kualitas dan karakteristik tertentu yang ditetapkan oleh peneliti untuk dipelajari dan kemudian ditarik kesimpulannya (Sugiyono, 2009: 115). Dalam penelitian ini populasinya sebanyak 16 Atlet (7 Putra dan 9 Putri) yang tergabung dalam Puslatda Jatim 100 Cabang Olahraga Karate dan menjadi populasi penelitian.

B. Instrumentasi

Instrumen yang digunakan untuk mengukur masing-masing variabel sebagai berikut.

1. Tes Fisik sebelum pandemi covid 19
2. Tes Fisik selama pandemi covid 19
3. Tes Fisik sesudah pandemi covid 19
4. Program latihan selama pandemi covid 19

C. Prosedur

Penelitian akan dimulai dengan perizinan kepada KONI Jawa Timur selaku pelaksana Puslatda Jatim 100/2020. Selanjutnya, diteruskan kepada Pelatih Kepala Puslatda Cabor Karate.

Pengambilan data akan dilakukan oleh tim dengan cara tes fisik secara berkala (sebelum, selama dan sesudah pandemi covid 19). Tes fisik dilakukan oleh Tim Fisik KONI Jatim secara berkala dengan item dan target yang telah ditentukan, yaitu sebagai berikut:

Tabel 2. Prosedur pelaksanaan TFH

	Test	Target
1	V-sit from floor (1 minute)	50
2	Kneel Ups	5
3	Plank	2 minutes front; 1 minute left; 1 minute right
4	Bronco 1.2 km (female), 1.44 km (male) running test or 10 minute step up test using 40 cm chair	6 minutes 300 steps

5	Illinois change of direction test	15 secs (male); 17 secs (female)
6	20-meter sprint	3.0 sec (male); 3.3 sec (female)
7	Juggling (3 balls)	60 secs
8	Triple jump (standing)	6 m (female), 8 m (male)
9	Vertical jump standing against wall	60 cm (female); 70 cm (male)
10	Dips	12 (male); 5 (female)
11	Hamstring (full)	5
12	Chin Up	12 (male); 5 (female)
13	Ankle flexibility (left and right)	15 cm
	Upper body flexibility (left, right and back)	0 cm
	Sit and Reach	20 cm
	Overhead leg touch	0 cm

Hasil

Hasil data di bandingkan rata-rata capaian target item tes fisik sebelum, selama dan sesudah pandemi covid-

19.

Berikut hasil tes fisik sebelum dan saat TFH setiap bulan.

CABOR: KARATE		TES FISIK: PUSLA (JATIM 100M) FEBRUARI 2020																								
4P1TANGGAL : Senin 17 02 20		60kg 50k		61M	60 Sec	61kg 10kg 54	3.3 Sec	30	61kg 6M	0.23 Sec	5 s	11s BBS		0		15		20	6 min	12	10	15	14			
No	Nama	Kategori	Gender	Sr Up	Juggling	Puzzle Test	Spin	Square	Jump	Reaction	Reaction	Body Weight	Target	Clear & Press	Upper Body Flexibility	Over Head	Anal	Sit and Reach	Bronco Test	MFT	Vari Bikes	Kneel Up	TAPESE			
1	BAGUS	Kumite	Male	56	6.2	0	11	30	32	6	0.23	5	63	50	3	0	0	15	23	10	8.2	0	10			
2	JOSHUA	Kumite	Male	59	3	0	23	32	8.5	0.23	5	72	72.5	3	0	0	0	17	17	16	12	17.4	5			
3	DIMAS	Kumite	Male	56	3	0	30	31	27	9	0.23	2	85	80	3	0	0	0	18	19	21	9.8	15	6		
No	Nama	Kategori	Gender	Sr Up	Juggling	Puzzle Test	Spin	Square	Jump	Reaction	Reaction	Body Weight	Target	Clear & Press	Upper Body Flexibility	Over Head	Anal	Sit and Reach	Bronco Test	MFT	Vari Bikes	Kneel Up	TAPESE			
1	HANS	KATA	Male	61	8	0	32	33	8	0.23	5	72	72.5	3	0	0	0	17	16	12	17.1	7	13			
2	KEVIN	KATA	Male	48	6.1	0	36	30	8.5	0.22	5	74	80	3	0	0	0	17	17	27	11.5	6	10			
3	RAFI	KATA	Male	54	5.1	25	33	31	81	0.23	5	72	80	3	0	0	0	20	20	25	12.4	16.1	0			
4	SEPTIAN	KATA	Male	50	6.1	0	10.2	31	30	0	0.22	5	83	83	1	0	0	0	20	20	30	10.1	16.5	5		
CABOR: KARATE		TES FISIK: PUSLATA (JATIM 100M) FEBRUARI 2020																								
4P1TANGGAL : Senin 17 02 20		60kg 50k		61M	60 Sec	61kg 10kg 54	3.3 Sec	30	61kg 6M	0.23 Sec	5 s	11s BBS		0		15		20	6 min	10	10 min	14 W/kg	5	10		
No	Nama	Kategori	Gender	Sr Up	Juggling	Puzzle Test	Spin	Square	Jump	Reaction	Reaction	Body Weight	Target	Clear & Press	Upper Body Flexibility	Over Head	Anal	Sit and Reach	Bronco Test	MFT	Vari Bikes	Kneel Up	TAPESE			
1	Muslimah Fiani	Kumite	Female	37	6	0	10.0	34	28	4.5	0.23	0	48	33.6	20	3	0	0	15	15	16	5.1	13.1	2	4	
2	Maula	Kumite	Female	41	5.1	0	10.2	33	27	4.5	0.23	0	41	42.9	42.5	2	0	0	16	16	11	5.0	15.9	0	4	
3	Gaby	Kumite	Female	0	cedera	0	9.5	cedera	0	5.1	0.23	cedera	63	44.1	cedera	cedera	0	0	0	16	cedera	24	cedera	3.10	15.0	cedera
4	Piesli	Kumite	Female	47	5.6	0	9.3	34	27	4.8	0.20	0	52	36.4	30	1	0	0	13	14	9	8.8	12.7	0	2	
No	Nama	Kategori	Gender	Sr Up	Juggling	Puzzle Test	Spin	Square	Jump	Reaction	Reaction	Body Weight	Target	Clear & Press	Upper Body Flexibility	Over Head	Anal	Sit and Reach	Bronco Test	MFT	Vari Bikes	Kneel Up	TAPESE			
1	Jazella	Kata	Female	21	6.4	0	10.5	33	25	4.7	0.24	0	62	48.6	35	2	0	0	16	15	23	8.1	9.8	5	1	
2	Thalia	Kata	Female	32	5.4	0	10.6	37	21	5.5	0.27	0	63	80.4	38	2	0	0	0	17	17	15	7.3	11.8	0	1
4	Nurika	Kata	Female	46	6	0	10.7	36	31	cedera	0.23	0	49	35.2	cedera	cedera	0	0	0	14	23	6.1	10.1	0	1	
5	Suzila	Kata	Female	40	cedera	0	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	cedera	

Gambar 1 hasil TFH bulan Januari

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Gambar 2 Hasil TFH Bulan Februari

TES FISIK PUSLATDA JATIM 100/IV MARET 2020																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
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Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach	Bronc o Test	MFT	Sit and Reach

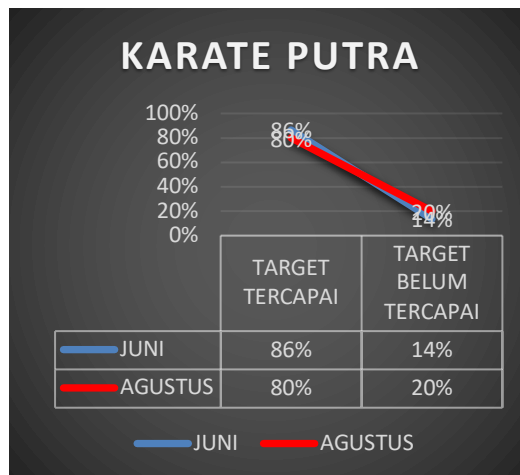
Gambar 3 Hasil TFH Bulan Maret

TES FISIK PUSLATDA JATIM 100/IV JUNI 2020																																		
CABOR : KARATE				HARI/TANGGAL :																														
				60" 50x		6 M	60 Sec	60 Cm	3.3 Sec	5	5	17 Sec	5 x	120. 60. 60			0						15				20	300	5	13				
No	Nama	Kategori	Gender	V.Sit Up	Tripel Jump	Jugglin g	V.jump	Sprint	Chin Up	Dips	Ilinoiz/ shvetel run	Hamstri ng Repeti	Hover			Upper Body Flexibility			Over Head			Ankel		Sit and Reach	10 minute step up Chairs 40	Kneel Up	TARG ET							
													Front	Right	Left	Right	Left	Back	Right	Left	Right	Left	Right	Left										
1	Mazlikah Ra	Kumite	Female	53	6	0	52	3,2	5	1,2	15,15	5	120	60	60	0	0	0	0	0	0	15	15	20	340	5	11							
2	Monik	Kumite	Female																															
3	Normala	Kumite	Female																															
3	Gaby	Kumite	Female	53	6,6	0	58	3,2	5	1,2	14,6	6	120	60	60	0	0	0	0	0	0	17	19	23	342	5	11							
4	Risti	Kumite	Female	52	6	0	54	3,35	2	1,2	14,66	5	120	60	60	0	0	0	0	0	0	15	16	17	332	5	8							
				60" 50x		6 M	60 Sec	60 Cm	3.3 Sec	5	5	17 Sec	5 x	120. 60. 60			0						15				20	300	5	13				
No	Nama	Kategori	Gender	V.Sit Up	Tripel Jump	Jugglin g	V.jump	Sprint	Chin Up	Dips	Ilinoiz/ shvetel run	Hamstri ng Repeti	Hover			Upper Body Flexibility			Over Head			Ankel		Sit and Reach	10 minute step up Chairs 40	Kneel Up	TARG ET							
													Front	Right	Left	Right	Left	Back	Right	Left	Right	Left	Right	Left										
1	Jazilb	Kata	Female	54	6,4	0	58	3,33	11	1,2	14,78	2	120	60	60	0	0	0	0	0	0	16	16	28	327	5	8							
2	Thalya	Kata	Female	51	6	0	54	3,4	11	1,2	15,4	5	120	60	60	0	0	0	0	0	0	16	16	21	344	5	9							
4	Nurina	Kata	Female	55	6	0	53	3,4	11	1,2	16,35	5	120	60	60	0	0	0	0	0	0	13	14	24	348	5	8							
5	Sisilia	Kata	Female	60	6	0	50	3,4	11	1,2	15,1	5	120	60	60	0	0	0	0	0	0	16	18	24	344	2	7							
TES FISIK PUSLATDA JATIM 100/IV JUNI 2020																																		
CABOR : KARATE				HARI/TANGGAL :																														
				60" 50x		8 M	60 Sec	70 Cm	3	12	12	15	5 x	120. 60. 60			0						15				20	300	5	13				
No	Nama	Kategori	Gender	V.Sit Up	Tripel Jump	Jugglin g	V.jump	Sprint	Chin Up	Dips	Ilinoiz/ shvetel run	Hamstri ng Repeti	Hover			Upper Body Flexibility			Over Head			Ankel		Sit and Reach	10 minute step up Chairs 40	Kneel Up	TARG ET							
													Front	Right	Left	Right	Left	Back	Right	Left	Right	Left	Right	Left										
1	BAGUS	Kumite	Male	60	8	0	71	2,3	12	1,5	13,74	6	120	60	60	0	0	0	0	0	0	14	13	23	340	5	11							
2	JOSHUA	Kumite	Male	60	8,2	70	74	2,74	13	12 FULL	12,36	10	120	60	60	0	0	0	0	0	0	16	18	25	346	5	13							
3	DIMAS	Kumite	Male	61	8,1	0	74	3,1	8	1,2	12,83	4	120	60	60	0	0	0	0	0	0	19	17	26	346	5	9							
				60" 50x		8 M	60 Sec	70 Cm	3	12	12	15	5 x	120. 60. 60			0						15				20	300	5	13				
No	Nama	Kategori	Gender	V.Sit Up	Tripel Jump	Jugglin g	V.jump	Sprint	Chin Up	Dips	Ilinoiz/ shvetel run	Hamstri ng Repeti	Hover			Upper Body Flexibility			Over Head			Ankel		Sit and Reach	10 minute step up Chairs 40	Kneel Up	TARG ET							
													Front	Right	Left	Right	Left	Back	Right	Left	Right	Left	Right	Left										
1	HANS	KATA	Male	91	8,2	0	77	2,3	16	14	12,34	7	120	60	60	0	0	0	0	0	0	16	16	30	370	8	12							
2	KEVIN	KATA	Male	62	8,1	0	72	3,04	12	17	12,73	5	120	60	60	0	0	0	0	0	0	15	15	23	330	3	11							
3	RAFI	KATA	Male	62	8,1	0	75	3,03	20	16	14,18	6	120	60	60	0	0	0	0	0	0	19	21	20	360	6	12							
4	SEPTIAN	KATA	Male	66	8,2	0	75	3,08	13	30	12,83	6	120	60	60	0	0	0	0	0	0	19	19	28	364	7	12							

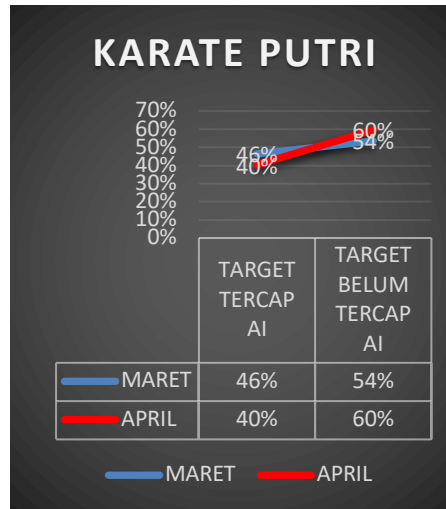
Gambar 2 Hasil Tes Akhir untuk Program TFH

Hasil dan pembahasan.

Dari data tes fisik yang telah ada terdapat hasil dan akan di bahas sebagai berikut.



Gambar 1 Hasil TFH bulan Juni dan Agustus



Gambar 2. Hasil TFH Putri Atlet Karate

Dari hasil yang di peroleh menggambarkan bahwa selamaTFH para atlet karate puslatda koni jawa timur menunjukan penurunan kondisi fisik dari tes yang mereka laksanakan di rumah dengan di pantau secara langsung melalui daring atau menirimkan video saat melakukan tes fisik.

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